

A method is provided for generating an aerosol. The method includes preparing a solution formed of a first component in a liquid component such that after volatilization of the liquid component by passing the solution through a flow passage while heating the solution, an aerosol is formed having a predetermined particle size distribution of the first component, wherein the solution is prepared such that the amount of the first component therein is sufficient to achieve the predetermined particle size distribution of the first component. The method also includes passing the solution through the flow passage while heating the solution to a temperature sufficient to volatilize the liquid component, wherein the flow passage comprises an outlet through which the first component and the volatilized liquid component flow, and wherein an aerosol is formed.